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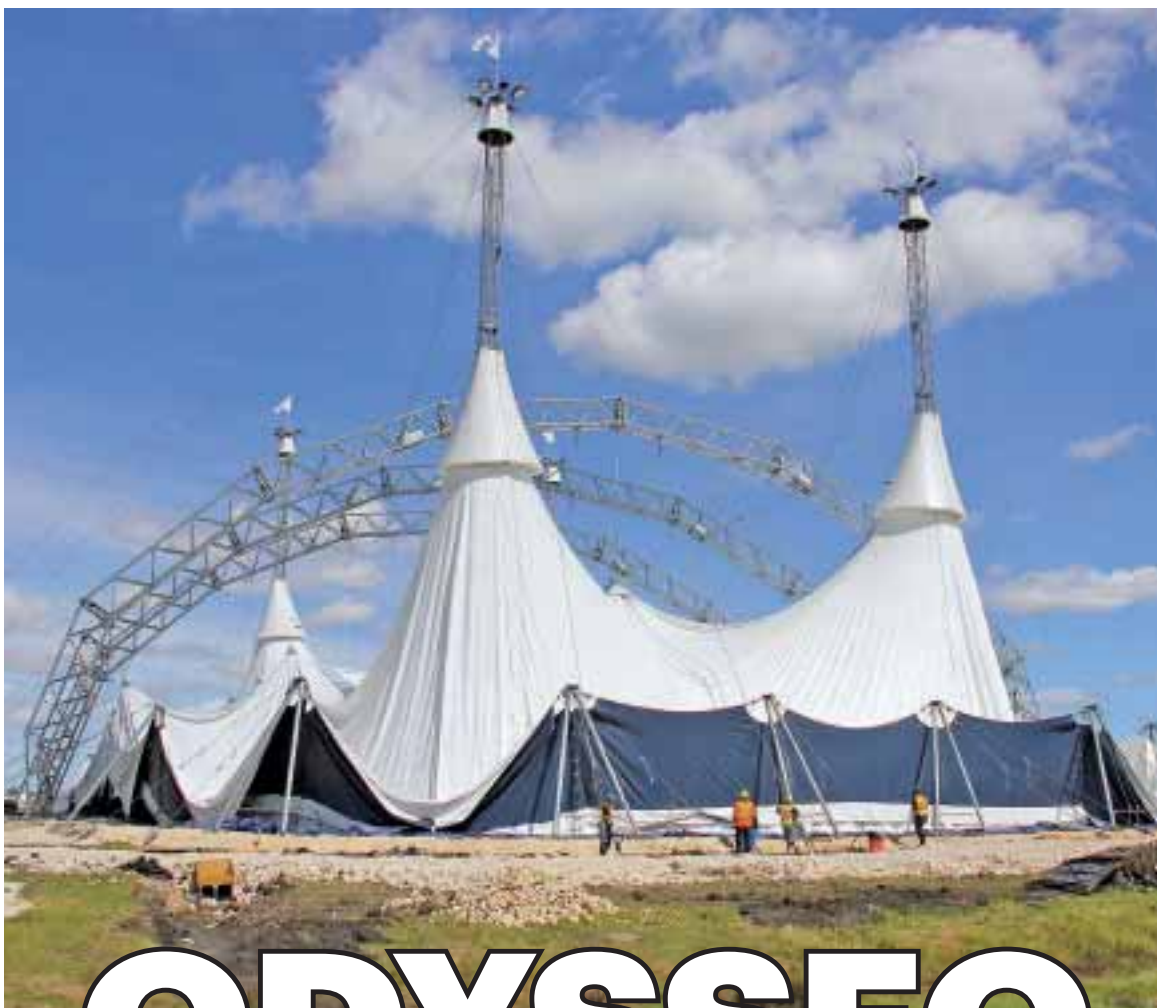
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Winnipeg metro



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ODYSSEO

Popular horse show gallops into Winnipeg

metroNEWS

SHANE GIBSON/METRO

‘We have a problem’

RACISM

Mayor trying to fight image of Winnipeg as intolerant city

Winnipeg’s mayor is calling a race relations summit for next month as the city tries to shake off being dubbed the most racist in Canada.

Mayor Brian Bowman said the race relations summit, to be held at the new Canadian Museum for Human Rights, will continue a much-needed discussion about racism.

“We do have a problem here,” Bowman said Tuesday. “Cities across our nation have the same problem — intolerance, ignorance, racism. We have a problem. It’s not Winnipeg’s alone, but together we are ready to lead the nation in the battle to take on racism together.”

The summit comes as Winnipeg struggles with its image as an intolerant city, especially for aboriginal people.

Some have called Winnipeg the epicentre for missing and murdered aboriginal women following the death of 15-year-old Tina Fontaine whose body was pulled from the Red River wrapped in a bag last year.

Earlier this year, a Winnipeg high school teacher made national headlines when he ranted about aboriginal people on social

media, accusing them of being lazy and seeking free money from non-aboriginals.

Bowman tearfully promised to tackle such intolerance in January when Winnipeg was labelled the most racist city in Canada in a cover story in Maclean’s magazine.

The summit is to feature a keynote speech by award-winning author Joseph Boyden and American civil rights speaker Gerald Durley.

34

Brian Sinclair, a double-amputee and an aboriginal, died during a 34-hour wait in a Winnipeg emergency room in 2008 while many assumed he was drunk or homeless.

Grand Chief Terrance Nelson with the Southern Chiefs Organization said a two-day summit does little to address soaring aboriginal unemployment rates, hundreds of missing and murdered aboriginal women, the disproportionate number of aboriginal people in jail and the thousands of aboriginal children in the care of child and family services.

“We all know the problems,” Nelson said. “We have to have concrete action, not simply another conference.”

THE CANADIAN PRESS

MANITOBA

Parkinson's rates to double by 2031

The number of people suffering with Parkinson's disease in Manitoba will double within the next 16 years.

Those estimates come from Parkinson Society Manitoba, who said that every day in Canada 10 people are diagnosed with Parkinson's disease, and that by 2031 the number of Manitobans diagnosed with the degenerative neurological disease is expected to double to more than 12,000.

"Doubling is an alarming statistic for Manitobans given that current demand for Parkinson's programs and health care services is already being stretched," said Parkinson Society Manitoba CEO Howard Koks in a press release.

There is a physical and financial toll on those coping with Parkinson's, but it also leads to

+

REASON

The Public Health Agency of Canada said the expected jump in people living with Parkinson's can be attributed to the fact people in Manitoba and Canada are living longer.

other effects such as depression and anxiety.

Half of all Parkinson's patients experience some level of depression, said the Parkinson Society of Manitoba.

SuperWalk 2015, the largest national fundraising event for Parkinson Society Canada and its regional partners, takes place in Winnipeg on Sept. 12 at the Max Bell Centre. METRO

BIZ invests 78K in downtown festivals

ENTERTAINMENT

Events to benefit include ARTery, MEME, Day of the Dead



Downtown Winnipeg BIZ is putting up cash to support more than a dozen downtown festivals they hope will breathe more life into Winnipeg's core.

The BIZ announced Tuesday that 15 events have received a combined total of \$78,000 through the Host It Downtown program, which asks people and organizations to submit festival ideas for possible funding.

"People in this city have an incredible appetite for festivals and events," said Downtown Winnipeg BIZ executive director Stefano Grande.

The BIZ believes the festivals they are supporting will bring about 56,000 people downtown, and pump \$1.8 million into the local economy.

Events include Downtown ARTery, which will transform a large part of Graham Avenue into a corridor of light and art, the MEME Winter Electronic Festival, RibFest which will feature BBQ food and live entertainment, the Day of the Dead



Local organizers Katriona Younger, Alexander Garcia, and Margaret Gannon at Tuesday's announcement that 15 Winnipeg organizations have received funding. DAVE BAXTER/METRO

Mexican Festival, and the Peg City St. Patrick's Day Parade.

"This grant is extremely huge for us," said Margaret Gannon, one of the organizers of the Peg City St. Patrick's Day Parade.

Gannon had put the parade on in the past, but only with money she and others had raised on their own.

"We will now be able to use some advertising dollars to promote the event, and now we will be able to do so much

“

People in this city have an incredible appetite for festivals.

Stefano Grande

more," said Gannon.

One of the more unique festivals funded through the BIZ will be the National Elevator Project that will see a series

of short plays performed for audiences inside moving elevators, and also transform an elevator into a moving dance club with sound and lights.

Downtown Winnipeg BIZ is still asking people to come forward with event and festival ideas, as they have more money to support more events, and will accept applications until Sept. 30.

For more information on how to submit ideas go to downtownwinnipegbiz.com.



ACCIDENTS VAN CRASHES INTO ADVERTISEMENT

Early Tuesday morning a van crashed into the billboard at the corner of St. Mary's Road and Hull Avenue, and then crashed into the Keratin Care building right behind it. By 9 a.m. the van had been towed away, and both the billboard and the building had significant damage, but no injuries had been reported. DAVE BAXTER/METRO

TAKE IN THE OUTDOORS

Grab your lunch and relax on the beautiful cityplace terrace, downtown. Located on the second level at cityplace, off of the food court.

cityplace

www.cityplacewinnipeg.com



TINA FONTAINE

Family marks one year

Family and friends have marked the one-year anniversary of a slain teen's body being recovered from Winnipeg's Red River.

They came together Monday at the gravesite where the remains of Tina Fontaine and her father, Eugene, are buried.

No arrests have been made since 15-year-old Tina's body was pulled from the river.

Winnipeg police say it is still an active investigation and a priority for the homicide unit.

Joe and Thelma Favel could not control their emotions at a ceremony to unveil a monument marking the grave of their 15-year-old niece.

The Favels said they have had little contact with Winnipeg police recently. The family still doesn't know Tina's cause of death, and they worry the case has gone cold.

Tina Fontaine was reported missing from foster care last August. She came into contact with Winnipeg police days later but was not taken into custody. A few hours later, she was found passed out in a downtown alley and taken to hospital. She was picked up by social workers and taken to a hotel where she ran away again.

Her body was found wrapped in a bag in the Red River more than a week later.

Members of Drag the Red, a group searching for clues into missing and murdered women, attended the memorial.

Bernadette Smith said Tina's death inspired her to begin organizing the searches.

"Tina Fontaine's death was really an awakening for our whole community. And I think we have to support each other in these times of tragedy," said Smith.

Smith's sister, Claudette Osborne, has been missing since 2008. THE CANADIAN PRESS

Threshing up a storm

HARVESTING HOPE

World record attempt needs four football fields of space



Dave Baxter
Metro|Winnipeg

Old-fashioned farm machines will spend this year gearing up to break a world record next summer.

The Canadian Foodgrains



More than 500 volunteers from across Canada will pitch in on July 31, 2016, to help end global hunger as part of the project.

COURTESY CANADIAN FOODGRAINS BANK

Bank and the Manitoba Agricultural Museum said Tuesday that next July they will attempt to break the world

record for the most antique threshing machines to harvest a crop.

On July 31, 2016, Harvesting Hope: a World Record to Help the Hungry will host more than 500 volunteers from 100 communities across Canada in Austin, Man. as they operate vintage threshing machines from the early 20th century to harvest a crop of wheat.

The equipment will require more than four football fields of space, and look to beat the current record of 111 machines operating at the same time.

Proceeds from the event

+ DONATIONS

For more details, or to learn how you can make a donation, visit harvesting-hope.ca.

will support the efforts of the Canadian Foodgrains Bank to help end global hunger, and the Manitoba Agricultural Museum's work to preserve Manitoba's rural heritage.

To set the record, all threshing machines must operate simultaneously and continuously for at least 15 minutes.



SUMMER HOCKEY-THEMED SPLASH PAD OPENS Four-year-old Colin Bage was one of dozens of kids who charged into Gateway Recreation Centre's new splash pad after patiently waiting through speeches by provincial and city politicians at the amenity's official opening Tuesday morning. The splash pad has a hockey theme and was built through funding from the provincial government's Building Manitoba Fund. SHANE GIBSON/METRO



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‘We’re moving mountains’

ENTERTAINMENT

Big Top goes up — way up — for Cavalia Odysseo



Shane Gibson
Metro | Winnipeg

It's taken a team of 80 people nearly three weeks of work, but the Big Top touted to be the world's largest touring tent is now officially part of Winnipeg's skyline.

The 38-metre-tall tent — which covers a surface area of a football field and will house the Cavalia Odysseo show when it opens next month — was raised at the corner of Sterling Lyon Parkway and Kenaston Boulevard Tuesday afternoon.

“This is quite honestly the largest entertainment event ever staged in Manitoba,” said Kevin Donnelly of True North Entertainment, which worked with Cavalia to bring the massive equestrian show to Winnipeg. “I’ve used the phrase over my career that these entertainment events move with an army — this one literally moves with a cavalry.”

Created by one of the co-founders of Cirque du Soleil, Odysseo blends equestrian arts with high-tech theatrical effects and includes 65 horses and 45 riders, acrobats, dancers and musicians.

The show centres around a three-storey-tall hill built from 10,000 tonnes of sculpted rock, earth and sand. It has a backdrop of three IMAX-sized screens and creators say the ice-rink-sized stage is morphed into a lake filled with 300,000 litres of recycled water for what they call a “breath-taking” finale.



Cavalia Odysseo's touring tent covers a surface area of 6,320 square metres. ALL PHOTOS BY SHANE GIBSON/METRO

“It’s a huge undertaking,” said tour manager Nicolas Zlicaric, who’s in charge of the crew putting the whole thing together. “We’re moving mountains.”

Now that the tent is up, Zlicaric told media the next step is to clean it and then begin setting up the 107 trailers of equipment needed to stage the show.

Cavalia Odysseo opens Sept. 10 and is so far scheduled to run for four weeks.

Tickets range in price from \$49.50 to \$249.50, plus fees and taxes, and are available through Ticketmaster or at cavalia.net.



Crews at work on Tuesday.



Tour manager Nicolas Zlicaric, left, and Kevin Donnelly of True North Entertainment, right, watch as Coun. John Orlikow cuts the ribbon to open the tent officially.

BASEBALL

Bark in the Park invites canines out to Goldeyes game



Dave Baxter
Metro | Winnipeg

The Winnipeg Goldeyes are inviting people to bring their furry and four-legged friends out for a night at the ballpark.

The Goldeyes and the Winnipeg Pet Show are presenting Bark in the Park on Sept. 2, and fans can bring their dogs along with them to watch the Goldeyes take on the Sioux Falls Canaries.

Bark in the Park will in-

clude dog-themed entertainment, prizes, giveaways and pet-related vendors with treats for dogs.

Features at the game will include pawparazzi photos, the pooch smooch cam and the seventh-inning fetch.

A portion of Bark in the Park ticket proceeds will be donated to the Winnipeg Humane Society.

“Goldeyes games are about fun, family entertainment and pets are an important part of many families,” said Winnipeg Goldeyes president

Sam Katz.

Tickets for Bark in the Park are \$12 each and include admission for one adult and one dog, plus a free doggie treat bag, while quantities last.

Anyone who brings a dog to the game must print and sign a waiver that can be found online and dogs will only be allowed in a designated area.

There will be a Puppy Potty turf located at the ballpark. Additional individual human tickets are \$9 each. For more information or ticket details, go to goldeyes.com.



Humans and dogs alike are welcome at Shaw Park on Sept. 2. COURTESY WINNIPEG GOLDEYES



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Reporters heckled at event

ELECTION 2015

Journalists' line of questioning angers Harper supporters

A few Conservative supporters took to shouting down reporters' questions to Stephen Harper Tuesday, apparently angry the journalists continued to ask questions about the continuing criminal trial of Senator Mike Duffy.

Hecklers booed and cried "shame" when journalists used a few of their daily "allotment" of five questions to Harper on the Duffy trial, where Harper's former chief of staff, Nigel Wright, is on the stand.

The hecklers demanded the journalists ask about the issue at hand: a piece of legislation introduced by the Conservatives in March, which would be their top public safety priority if re-elected.

One shouted to the journalists that they should ask questions about seniors.

Harper, for his part, at-



During a campaign stop in Etobicoke, Ont., on Tuesday, advocates of the Progressive Conservative Party sharply attempted to steer media away from inquiries about the criminal trial of Sen. Mike Duffy, claiming they should focus on anti-terrorism and the needs of seniors instead. SEAN KILPATRICK/THE CANADIAN PRESS

tempted to quiet the supporters down and dealt with the questions asked of him.

Outside the event, one man who refused to identify himself called a reporter "lying piece of s—t" and accused her of cheating on her taxes.

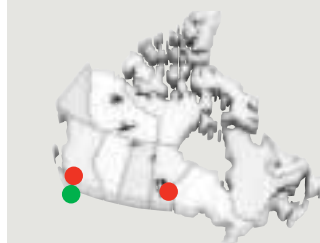
"Duffy made a bit of cheating on his tax return, and you're turning it into an issue," the man yelled in footage posted online by CBC.

"It's not a deal; it's a nothing. Harper doesn't read income tax forms, you idiot. It's

done by the people in the tax department."

It's not clear where the man got the idea that the Senate spending scandal had anything to do with income tax or the tax department, also known as the Canada Revenue Agency.

WHERE THE LEADERS ARE TODAY



• **Justin Trudeau** will be in Winnipeg to make an announcement and then in Vancouver to do the same.

• **Elizabeth May** will be greeting commuters in Saanich, B.C.

Itineraries for Stephen Harper and Tom Mulcair were unavailable.

\$12,500

The amount news outlets pay per week, plus hotel and meal expenses, to cover the Conservative campaign.

TORSTAR NEWS SERVICE

ers would be reminded of appropriate decorum at future events.

For the past week, media outlets have largely focused on the Duffy trial. Wright, who cut a personal \$90,000 cheque to cover Duffy's disputed housing expenses, has been testifying since Wednesday.

Emails released as evidence in that trial show that senior members of Harper's office, including Wright's replacement Ray Novak, were looped in on many of the conversations about how to handle Duffy's circumstances. TORSTAR NEWS SERVICE/ WITH FILES FROM THE CANADIAN PRESS

The man was escorted away by security, directing reporters to "stuff" themselves.

Kory Tenycke, a spokesman for the Conservatives re-election campaign, apologized for the incident and said support-

TESTIMONY

PM contradicted at Duffy trial

Testimony at the trial of Sen. Mike Duffy has put Stephen Harper's right-hand man smack in the centre of the scandal, contradicting the Conservative campaign's assurances.

Ray Novak, Harper's chief of staff and current campaign director, was in touch right up until the call of the federal election with Nigel Wright — the ex-chief of staff whom Harper has repeatedly held responsible for the scandal.

And court heard that Novak has been in the loop from the very beginning on the behind-the-scenes machinations that eventually led to Wright's departure from the Prime Minister's Office and some of the charges laid against Duffy.

That version of events directly contradicts what the Conservative campaign told reporters late last week — that Novak was not aware.

The information emerged during Duffy's trial on fraud, breach of trust and bribery charges.

Defence lawyer Donald Bayne read out an interview conducted by the RCMP with former PMO lawyer Benjamin Perrin in February 2014.

Perrin told the RCMP investigator that it was "black and white" that Novak was



Donald Bayne, lawyer for former Conservative senator Mike Duffy, claimed at the Ottawa courthouse on Tuesday that Harper's chief of staff, Ray Novak, was in the loop from the very beginning on Nigel Wright's machinations.

FRED CHARTRAND/THE CANADIAN PRESS

told that former chief of staff Wright would foot the \$90,000 bill for Duffy's contested expenses.

"I believe that Ray Novak was in the room at that time," Perrin said in a transcript that was read out in court Tuesday by Bayne.

"The people who from my own personal knowledge knew about this was, obviously, Nigel Wright, Ray Novak, we've gone through that, and David van Hemmen, Nigel Wright's assistant." THE CANADIAN PRESS

UNDER FIRE

Under questioning from Duffy's lawyer, Wright at first said he had last spoken to Novak in May or June, but then said he had exchanged text messages with him "probably about two weeks ago."

Wright says he does not have a record of the messages.

THE CANADIAN PRESS



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A man lights a candle near the scene in Bangkok where 20 people died Monday. SAKCHAI LALIT/THE ASSOCIATED PRESS

Man filmed at bomb site

THAILAND

Video shows a suspect leaving a backpack at crowded shrine

In the grainy security video, a man in a yellow shirt sits on a bench at the crowded Erawan Shrine, removes a backpack he is wearing, and leaves it behind when he walks away.

For police hunting who was responsible for Monday's deadly bombing in central Bangkok, there was no doubt about the man with youthful shaggy dark hair and glasses.

"The yellow shirt guy is not just the suspect. He is the bomber," police spokesman Lt. Gen. Prawut Thavornsiri told The Associated Press on Tuesday.

Prime Minister Prayuth Chan-ocha called the shrine bombing near a busy intersection that killed 20 and wounded more than 100 "the worst incident that has ever happened in Thailand," and he promised to track down those responsible.

"There have been minor bombs or just noise, but this time they aimed for innocent lives," Prayuth said. "They want to destroy our economy, our tourism."

Bangkok was rattled again Tuesday when another pipe bomb blew up at the Sathorn Pier, which is used by tourists, although no one was hurt.

Prawut released several



The man on video identified as a suspect.

HANDOUT/THE ASSOCIATED PRESS

photos of the man, with and without the backpack, on social media. The images were apparently taken from closed-circuit video at the shrine before the bomb exploded.

Video posted separately on Thai media appeared to show the same man sitting on a bench at the shrine, taking off the backpack and leaving it behind as he walked away.

Without elaborating, the prime minister said: "Today we have seen the closed-circuit footage, we saw some suspects, but it wasn't clear. We have to find them first."

The bomb, which police say was made from a pipe and weighed 3 kilograms, went off around 7 p.m. in an upscale area filled with tourists, office workers and shoppers. No one has claimed responsibility.

Prawut said Tuesday's blast at the Sathorn Pier frequented by tourist boats also was caused by a pipe bomb and could be related to the shrine attack.

THE ASSOCIATED PRESS

ENVIRONMENT

Lobsters go north due to ocean warming

The U.S. lobster population has crashed to the lowest levels on record in southern New England region while climbing to heights never before seen in the cold waters off Maine and other northern reaches — a geographic shift that scientists attribute in large part to the warming of the ocean.

The trend is driving lobstermen in Connecticut and Rhode Island out of business, ending a centuries-old way of life.

Because of the importance of lobsters to New England's economy, history and identity, the northward shift stands as a sad example of how climate change may be altering the natural range of many animals and plants.

"It's a shame," said Jason McNamee, chief of marine resource management for Rhode Island's Division of Fish and Wildlife. "It's such a traditional, historical fishery."

10M

There were 10 million lobsters in New England south of Cape Cod in 2013, one-fifth the total in the late 1990s, regulators say.

The declines are "largely in response to adverse environmental conditions, including

increasing water temperatures over the last 15 years," along with continued fishing, the Atlantic States Marine Fisheries Commission said.

In northern New England, meanwhile, lobsters are booming. The population in the Gulf of Maine and in fishing grounds farther out to sea has more than doubled to about 250 million adult lobsters since the mid-1990s, a report said.

THE ASSOCIATED PRESS

Manitoba Hydro – your energy expert

Upgrading your insulation

Your home has a building envelope that includes the exterior walls, foundation, roof, windows and doors. The envelope should keep out extreme temperatures, moisture, dust, and wind.

By properly insulating your building envelope, you will reduce heat loss, create a more comfortable living space, and reduce your energy bills. Some of the signs that might indicate insulation problems are high heating costs, cold walls and floors, uneven heating levels within your home, or mold growth on your walls.

The initial amount of insulation added to an un-insulated area makes a big difference, and adding insulation to top up an area that isn't sufficient also contributes to helping cut heat loss. The measure of how well insulation material resists heat transfer is called its R-value, while the metric equivalent is RSI. The higher the R or RSI-value of a product, the better it resists heat transfer.

To increase the insulation levels in your home:

1. Determine which areas of your home's envelope require additional insulation, or may have moisture problems or drafts.
2. Take note of areas in the attic, walls, or foundation that do not have any insulation, as these areas are likely to have the greatest impact on lowering your energy bills.
3. Consider if you will do-it-yourself or hire a contractor.
4. Regardless of which option you choose, do your research. You are more likely to get the results you want if you are knowledgeable about the work.

Most importantly, before the work begins, make sure to apply for pre-approval to Manitoba Hydro's Home Insulation Program. You can do this by filling out an application with your insulation retailer or chosen contractor. If your project and home qualify you will receive a rebate for up to 100 per cent of your insulation material costs. If your home is poorly insulated, the rebate along with the energy savings you will realize will make your insulation project very worthwhile.

For tips on inspecting your attic, walls, and foundation, Power Smart Guides 1-4 are available online @ www.hydro.mb.ca/hip.

Manitoba Hydro financing options are available to assist you with your insulation project.

For additional advice on saving energy...

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INTERNET

Google building smarter Wi-Fi router

Google is making a Wi-Fi router as part of its ambition to provide better Internet connections that make it easier for people to access its digital services and see more of its online advertising.

Pre-orders for the \$199 US wireless router, called OnHub, can be made beginning Tuesday at Google's online store, Amazon.com and Walmart.com. The device will go on sale in stores in the U.S. and

+ MOBILE APP

The OnHub router is designed to be managed with a mobile app called Google On that will work on Apple's iPhone, as well as devices running Google's Android software.

Canada in late August or early September.

Google is touting the cylinder-shaped OnHub as a leap ahead in a neglected area of technology.

The Mountain View, Calif., company is promising its wireless router will be sleeker, more reliable, more secure and easier to use than other long-established alternatives made by the Arris Group, Netgear, Apple and other hardware specialists. Google teamed up with networking device maker

TP-Link to build OnHub.

OnHub also will adapt to the evolving needs of its owners because its software will be regularly updated to unlock new features, according to Trond Wuellner, a Google Inc. product manager. The concept is similar to the automatic software upgrades the company makes to its Chrome browser and personal computers running on its Chrome operating system.

THE ASSOCIATED PRESS



Co-founder Karl Martin shows off the device at his company's office in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

Upstart steps into Apple Watch's turf

TECHNOLOGY

Nymi develops wristband with security linked to heartbeat

Strapping your wallet, house keys and a database of passwords onto your wrist would make life a lot easier, and one Canadian company has created a way to link all of that information — with an extra level of security tied to your heartbeat.

Nymi is one of the latest entrants to the crowded wearables market, which is domin-

ated by the hype of the Apple Watch and a wide selection of fitness trackers.

The Toronto-based company has created a wristband that operates like a virtual key that you wear on your wrist.

Sensing the electrical activity of its user's heart, the device can be used for a variety of functions, like logging onto your computer using a password, paying with your credit card at the checkout or opening your car door.

Nymi co-founder Karl Martin says that when he started the company in 2011, under the name Bionym, wearables were mostly still just an idea among developers.

Martin was working as a researcher at the University of Toronto, where he and a colleague were digging into the possibilities of biometric technology. But their idea was too fresh for many companies to get behind, so they decided to take the project solo.

THE CANADIAN PRESS



Wearable technology was just starting to bloom.

Karl Martin

IN BRIEF

Ikea recalls nightlights

Swedish retailer Ikea is taking all of its 442,000 Patrull nightlights off the market because of a risk of electrical shock. A child in Austria who was trying to take the light out of an outlet suffered an electric shock and a minor injury when the cover came off.

THE ASSOCIATED PRESS

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URBAN ETIQUETTE: ELLEN VANSTONE ON SAYING SOMETHING NICE



THE QUESTION

Is there a politically neutral way to compliment someone on the street or at work?

Dear Ellen,

Is there a politically neutral way to compliment someone's appearance on the street or at work?

Viktor in Vancouver

Dear Viktor,

This is an excellent question for our changing times and one that applies to all sexes, genders, orientations and age groups. But let's start with examples from the heterosexual arena.

There once was a day — or a few millennia, I guess — when men could lasciviously slaver over unaccompanied women in public. I have no doubt that in ancient Rome, local lads harassed vulnerable ladies with such witty comments as "Show me your peccorum," or "Hey, baby, let's fornicari." Such behaviour may have been deemed crass but it was accepted as absolutely normal in patriarchal societies where a female without a male "owner" in public was seen as fair game for sexual comment, or worse.

Sadly, such attitudes are still rampant. At least now, sexually charged verbal assault is increasingly being identified for what it is: a hateful abuse of power.

Equally sadly, the rude pigs who yell at women on the street, along with the slimeballs who intimidate their female staff with sexual innuendo at work, have ruined it for the truly nice men out there who simply do want to pay a polite compliment.

Note that there is not a fine line between "You look great today" and "I'd like to shove you up against a wall" — but things have become so freighted, with a new awareness of rape culture and its accompanying political-correctness-on-steroids. The casual compliment has gone the way of the dodo (much like



There is not a fine line between "You look great today" and "I'd like to shove you up against a wall."

my phraseology, but never mind).

If you are tempted to compliment a stranger or co-worker, here are some simple guidelines.

If you are a straight male, and you want to compliment a female on the street or at work, try it out on a male first: "Hey buddy, I like your hair!" or "Man, you look fierce in those jeans!" If that seems creepy and inappropriate, it's probably creepy and inappropriate to say to a female, too.

If you're gay and you want to compliment a person of

the same sex, the male-female power dynamic may be less of an issue. But you are still strongly advised to comment only if, a) The subject of your compliment is not a subordinate in the workplace hierarchy, and b) You live in a large, cosmopolitan city where tossing out same-sex compliments in public won't get you killed.

If you are a young person, straight or gay, and the person you want to compliment is older, it may be safe. In fact, there's something ineffably gallant about a young person who, with the merest complimentary hint, can acknowledge the vitality of an older person. To do so, however, will require a level of finesse few people possess.

First, the compliment must be tempered by whether or not they share your sexual orientation. (If you don't

understand this, don't bother reading any further; you clearly don't have the finesse, so just skip to the end.) Second, your compliment must indicate that, while they are attractive, you as a young person would never presume yourself to be an eligible partner (unless you were contemporaries, of compatible sexual orientations, in another era, in which case you'd unquestionably find them irresistible). Third, you have to mean it. A false or patronizing "compliment" will invite only contempt.

The best rule might be to avoid personal comments in public or at work altogether. Instead, shower them where they'll be most appreciated — on family, friends and lovers.

Need advice?
Email Ellen:

scene@metronews.ca

ROSEMARY WESTWOOD

metroview

I let a baby roll off a porch. Will I ever be ready for parenting?

I let the baby fall off the porch.

It was the latest encounter with little humans that left me convinced: I'm not ready for one of those.

I'd like to say it wasn't my fault. The 11-month-old can't walk or crawl. She scooches around on her diaper-clad bum, pulling herself with pudgy little arms, but she's surprisingly swift.

We were on the wide sunny porch of the cabin, which thankfully only rises two steps above the grass.

I was on watch duty, a low-grade job that involves the odd directional adjustment to her slide. Someone gave a sharp yell at the dog. I looked up, and she went over the edge.

She wasn't hurt but she was devastated. And so, in a way, was I.

A 29-year-old woman should be able to keep a baby from tumbling off a deck.

Then there were her equally adorable brothers, seven and four years of age, who had a lot more mobility and a lot more energy. A relative outsider (they are my second cousins), I watched a family of six adults trade off activities like book reading, soccer, sailing, tubing and making sure the boys ate their dinner.

I joined in with a bit of tag and swimming, some banter about favourite foods. But I

didn't feel the pull to teach them a card game. I don't really like soccer. I was glad to read my book and fry eggs for my keep, keeping mostly to myself. Baby/child encounters seem to end this way, with relief that I remain childless.

My sister, for years a nanny, has managed to still want children.

"It definitely fluctuates," she said. "Sometimes when I'm at the pool and all these screaming kids are splashing and kicking around me, I hate them. And then when I spend time with my friends who have kids or are expecting, it makes me feel excited about the idea of doing that myself."

That is the irony of the young city-dwelling woman. Kids sound nice, but not right now. She's pressing on with her career, travelling and eating gourmet tacos. She's volunteering with an underground magazine or literary events. She's buying a house or worrying about affording one. She's cooking for friends. She's bringing the wine.

The clock is ticking. My ovaries should be kicking. But kids remain in the somewhat distant future, where, I'm banking, a hidden need will emerge and indifference will become yearning.

Because right now, nothing makes me take birth control more seriously than other people's children.

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PHILOSOPHER CAT
by Jason Logan

FOOD COMES FIRST, THEN MORALS.

BERTOLT BRECHT



5

NEW TV SERIES TO WATCH RIGHT NOW

Couch potato season is almost upon us. As TV junkies, we're excited about the fall television schedule kicking off next month with its promising new shows as well as the return of several favourites. But if you need a fresh TV fix to tide you over until September, August offers up some brand spankin' new gems that should do the trick

BRIAN GASPAREK/FOR METRO

1 The Carmichael Show

Popular standup comedian and goofy Neighbors star Jerrod Carmichael launches his highly anticipated new sitcom The Carmichael Show on NBC this month. The show revolves around Carmichael's relationship with his girlfriend and fictional family with a cast that includes Loretta Devine and David Alan Grier as his parents. The half-hour risqué comedy has potential to be TV's next big sitcom hit. But at the very least, let's just hope it's better than Mr. Robinson. **Aug. 26**



2 Narcos

Netflix's new series to binge-watch for August is Narcos, a cool-looking drama about the Medellín cocaine cartel run by Pablo Escobar in the '80s and the DEA's attempts to take him down. It should be incredibly intense, excellent and far better than Vinnie Chase's take on Medellín in Entourage. **Aug. 28**



3 Spinoff to watch: Fear The Walking Dead

A show as massively popular as The Walking Dead most definitely needs a spinoff, and this month we're getting it.

On Aug. 23, AMC is set to premiere Fear The Walking Dead. The show will act as a prequel (or "companion series") to The Walking Dead, and looks just as spooky and zombie-filled.

The show takes place in L.A. and revolves around a divorced schoolteacher, his fiancée and her kids as they experience the early stages of the zombie apocalypse — you know, the same time that Rick was in his coma.

It's said that Fear The Walking Dead will focus closely on telling the story of a family unit and the problems they face as the collapse of civilization approaches. Obviously you can't miss it. **Aug. 23**

4 Blunt Talk

Blunt Talk may very well be the best new show premiering this month. Produced by Seth McFarlane and starring Patrick Stewart, the comedy sitcom follows the misadventures of a misguided, degenerate Brit newscaster (Stewart) who moves to L.A. hoping to conquer American cable with his new nightly show. The series features a solid supporting cast that includes Richard Lewis, Ed Begley Jr., Jason Schwartzman and Jacki Weaver. It looks crass and hilarious and is already signed on for two seasons. **Aug. 22**



5 Documentary Now!

How could you not watch a spoof mockumentary mini series created by Fred Armisen, Bill Hader and Seth Meyers that is hosted Dame Helen Mirren? You just know it's going to be hilarious. IFC's Documentary Now! aims to spoof celebrated docs by parodying them with similar fictitious subjects. The first episode spoofs VICE News' hipster docs. **Aug. 20**



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Course Schedule Fall 2015

Pretty gets more penny when it comes to coffee

RESEARCH

Foam-art latte perceived as better: Study

NUTRI-BITES

Theresa Albert
myfriendinfood.com



Will you pay more for pretty? I pay for my hair, nails and clothes to present my best self to the world. Curb appeal sells a house as do stainless steel appliances that function exactly the same as plain white ones. What about the swirly picture in your latte? Is that worth a buck more per cup?

A study published in the Journal of Sensory Studies says you will not only pay for it, but that you are likely to perceive it as better. The results "clearly demonstrated that people will pay significantly more for a coffee with latte art." Apparently there is also a preferred shape.



French champion of latte art Rudy Dupuy prepares a creation.

JEAN-CHRISTOPHE MAGNET/AFP/GETTY IMAGES

We like round shapes over angular ones when it comes to our coffee art.

The benefits of coffee are numerous: High in health-promoting antioxidants, liv-

er protective, can lower risk of diabetes, enhances mood, energy and performance and may prevent Alzheimer's and Parkinson's disease.

But we also seem to seem to

drink it for comfort and visual cues help. Just for fun, tweet me a photo of your favourite latte design shape. Let's test the theory. @theresaalbert, @metronews.

RECIPE HOMEMADE MELON AND PINEAPPLE FRUIT SLUSHIES

One of our favourite ways to beat the heat at the end of summer is to turn some of the season's abundant produce into beautiful, delicious frozen fruit slushies.

It's fun and easy to get creative. Not only can you experiment with different fruits and juices, you also can get fancy (or fanciful) with the glasses and bowls (though clear glass is almost mandatory) you serve them in.

Start to finish: 4 hours (20 minutes active)

Servings: 6

- 1 cup cubed honeydew melon
- 3/4 cup apple juice, divided
- 6 tablespoons honey, divided
- Kosher salt
- 1 cup cubed cantaloupe melon
- 1 cup cubed pineapple

1. In a blender, combine honeydew melon, 1/4 cup apple juice,

2 tablespoons of the honey and a small pinch of salt. Blend until smooth.

2. Spoon the mixture into 6 glasses, filling each about a quarter to a third of the way full. Freeze for 30 minutes. Repeat the blending and layering process with the cantaloupe, using another 1/4 cup of apple juice, 2 tablespoons of honey and a small pinch of salt. Freeze for another 30 minutes.

3. Finally, blend the pineapple with the remaining apple juice, honey and a pinch of salt. Add the third layer to the glasses. Freeze until desired slushiness, about 2 hours.

Nutrition information per serving: 110 calories; 0 calories from fat (0 per cent of total calories); 0 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol. THE ASSOCIATED PRESS



TECHNOLOGY

Things you need to know about veggies grown in space

Hadley Boltres
Metro | New York

Astronauts have for the first time tasted food grown in space.

Monday, on board the International Space Station, three American crew members, Kjell Lindgren, Kimiya Yui, and Scott Kelly, took bites of the freshly "space"-grown red romaine lettuce.

Here are the six things you need to know about the "giant leaf for mankind" possible, according to NASA.

How did it taste?

The veggie tasted like arugula, according to astronaut Scott Kelly. A choice word given the Brits call it rocket. "Tastes good," concluded Kelly.

Key players?

Orbital Technologies Corp. based in Madison, Wisc. developed the technology and then tested it at NASA's Kennedy Space Center in Florida. Then on May 7, NASA astronauts and Expedition 39 flight engineers Steve Swanson and Rick Mastracci installed Project "Veggie" on the Columbus



A variety of lettuce called Outredgeous grows inside in a prototype Veggie flight pillow. GIOIA MASSA/NASA

module. Astronaut Scott Kelly activated the seeds July 8, a year after they entered orbit.

What happened?

First, LED lights were turned on inside Veggie and the seeds were watered inside growth pockets, called "pillows." The pillows contain fertilizer which is released at different times. The growth cycle should be 28 days, but it took 33 days to grow the romaine lettuce in space.

How did it work?

In the absence of gravity, the

lettuce would still grow towards the light, so LED lights were placed above the pillows. Without gravity, roots still grow towards the sources of nutrients.

What does this mean?

Dr. Gioia Massa foresees that long-term exploration missions will use this technology, so astronauts can enjoy fresh veggies. Also, astronauts won't just be stuck with red romaine lettuce. Veggie can be used for many types of plants that grow up rather than in the ground.

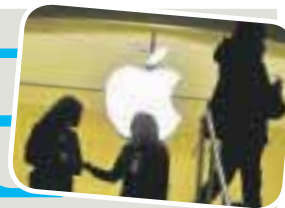


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Lighter weight, heavy-duty work



REVIEW

Ford F-150 rides smoothly, but consider needs when deciding on engines



Jil McIntosh
Metro | Canada

After having Canada's best-selling truck for several decades, Ford took a bit of a risk with its all-new 2015 F-150. While the frame is made of high-strength steel, the body is entirely formed of aluminum.

The reason was primarily to save weight, which comes with a few advantages. One is fuel consumption, since the heavier something is, the more it takes to move it around, while another is capability. Towing and payload numbers are a combination of the weight of the truck, the trailer, and whatever's being carried. Make the truck lighter, and the load can be heavier. To that end, the F-150 has a top towing capacity of 12,200 lbs.

That lighter weight also allows for the all-new engine that was in my tester, a 2.7-litre EcoBoost V6 engine. The EcoBoost name indicates that it's turbocharged, which

gives it smaller-engine fuel economy under light load, but bigger-engine power when it's needed. You can also get a 3.5-litre V6 EcoBoost, or choice of non-turbo 3.5-litre V6 or 5.0-litre V8.

It's a smooth performer and it hauled around my Super-Crew tester with ease, but consider your needs before you decide to put one under the hood. Under everyday driving, it returned an impressive 13.0 L/100 km for me, but the EcoBoost engines get thirsty when they're working hard. That extra fuel could easily balance out if you only tow or haul occasionally, but if you're constantly pulling, I'd suggest looking at the non-turbo engines.

Overall, Ford has done a good job on this truck: It rides and drives smoothly, and responds quickly enough to wheel input that it feels smaller than it actually is. The redesigned interior is

handsome, but not quite as impressive as some of its competitors.



The EcoBoost engines get thirsty when they're working hard.

Trim lines run from a basic work truck with a bench seat,

to seriously luxurious models like the King Ranch and Platinum. Everybody makes a very good truck these days, and Ford has a lot of competition, but it's still likely that this all-new model will remain at the top of the pack for a while.

THE CHECKLIST | 2015 FORD F-150

THE BASICS

Type. Two- or four-door full-size pickup truck
Engine (hp/torque). 2.7-litre EcoBoost V6 (325/375); 3.5-litre V6 (282/253); 3.5-litre EcoBoost V6 (365/420); 5.0-litre V8 (385/387)
Transmission. Six-speed automatic
Price. Base \$24,899, as-tested \$55,099 (plus destination)

COOL FEATURES

- Locking box cleat storage system
- Twin-panel sunroof
- Capless fuel filler
- Trailer sway control
- Trailer mileage tracker
- Crash-inflatable rear seatbelts
- Mirror-mounted spotlights



JIL MCINTOSH/FOR METRO

POINTS

- The F-150's available LED headlights are an industry first on a pickup truck.
- With its aluminum body and more high-strength steel, the 2015 F-150 weighs up to 317 kg less than last year's model.
- The redesigned tailgate step makes it easier to slide cargo across the lowered tailgate.
- Higher gears can be "locked out" when towing, to improve driving performance on steep grades.

MARKET POSITION

It's yet to be seen how repair costs or long-term maintenance are going to affect Ford's new all-aluminum body, but expect to see more lightweight materials throughout the segment as automakers scramble to meet fuel standards.

THE COMPETITION



Chevrolet Silverado
Base price: \$27,950



Ram 1500
Base price: \$28,595



Toyota Tundra
Base price: \$27,820

CREATIVITY

The Schreyer factor: Rise of Hyundai and Kia by design

AUTO PILOT

Mike Goetz



Back in 2005 or so, Hyundai Motor Group identified that "design" would be necessary for the next stage of growth for both its Hyundai and Kia brands.

So in 2006, the automaker hired a hotshot designer named Peter Schreyer.

Born in Germany, Schreyer made his name at VW and Audi. His work there, and subse-

quently at Hyundai and Kia, has brought him many accolades. Many consider him to be the most successful and talented designer working today.

Bob Lutz, once GM's vice-president of global product development and now a vocal critic of the industry, recently wrote that, thanks to Schreyer, the automaker's designs are consistently better than its competitors, and are why Hyundai and Kia continue to grow.

With all brands making such high standards of quality and features, Lutz notes that design

has moved up to be the top differentiator.

"If I were running a major car company, I would poach him at whatever the cost," added Lutz. "If he said he makes \$1.5 million, I'd offer him \$3 million."

Lutz feels designers now have the most impact on an automaker's success and should be compensated as such, even if they make more than the CEO.

It's not a new concept for creative types to be at the absolute top of the pay scale. Star athletes make more than their coaches. Star film directors make more



Peter Schreyer,
chief designer at
Hyundai and Kia.
COURTESY HYUNDAI

than studio heads. Kanye West makes more than, well, everybody.

Lutz wonders if other automakers have taken heed of the Schreyer factor at Hyundai-Kia, and will further prioritize design talent, and be willing to pay considerably more for it than they are now.

In the meantime, let's take a quick look at the latest creation emanating from Peter Schreyer and his team: The Hyundai Vision G coupe, which debuted at last weekend's Pebble Beach Concours d'Elegance in Monterey, Calif.

Though not officially earmarked as a possible two-door version of the Hyundai Genesis, that's most likely what it is, considering the "G" designation, and the Genesis 5.0-litre V8 under its hood.

It's an interesting challenge to make a vehicle in the pre-

mium segment that is not packing a premium badge, but Schreyer and his team approached the challenge in their typical "atypical" way.

"The design is our interpretation of the idea that Hyundai breathes into all of its vehicles — DNA that balances design and performance with the idea that you don't need to be over the top in terms of glitz and stereotypical luxury cues," said Schreyer in a statement. "Vision G is purposefully understated, despite its size and dramatic lines."

IN BRIEF

Flames, Stamps announce plan for new homes

The group that owns the Calgary Flames hockey club and Stampeders football team has revealed plans for a \$900-million project to build a new home for the two teams.

The plan calls for a 20,000-seat arena that would replace the Scotiabank Saddledome where the NHL Flames currently play. It also includes a 30,000-seat indoor football stadium for the CFL Stampeders that would also serve as a fieldhouse.

The City of Calgary would be the owner of the facility once it were built.

THE CANADIAN PRESS

Agent testifies Jordan strict with marketing deals

The architect of Michael Jordan's marketing strategy says advisers to the six-time NBA champion strictly police the types of deals he enters to maximize his value.

Sports management agent David Falk testified Friday in a federal court case in Chicago that's delving into the market value of Jordan's identity.

The issue is damages that now-defunct Dominick's Finer Foods owes the former Chicago Bulls player for invoking his name in a steak ad without permission. THE ASSOCIATED PRESS

49ers receiver Simpson suspended six games

The NFL suspended San Francisco 49ers wide receiver Jerome Simpson on Tuesday without pay for the first six games of the season for violations of the league's substance-abuse policy.

The 49ers were aware of a likely suspension for Simpson for previous issues, but nothing that is known to have occurred since he joined the 49ers on a two-year deal as a free agent in March. San Francisco has made it clear he must continue to demonstrate positive behaviour to remain in good standing with the team.

Simpson can return to the active roster on Oct. 19. He can still participate in all pre-season practices and games. THE ASSOCIATED PRESS



MLB JAYS COP A PHIL Blue Jays first baseman Edwin Encarnacion tags out the Phillies' Cesar Hernandez in Philadelphia on Tuesday night. Toronto entered the night one game behind the first-place New York Yankees in the American League East. For the story, go to metronews.ca. LAURENCE KESTERSON/THE ASSOCIATED PRESS

Stoughton named head of Canada's mixed doubles

CURLING

'Pegger has been working behind scenes since retiring

Former skip Jeff Stoughton was named Curling Canada's mixed doubles program manager on Tuesday.

The three-time Tim Hortons Brier champion and two-time world champ will oversee several aspects of the program leading up to the sport's debut as a medal discipline at the 2018 Winter Olympics in Pyeongchang.

"I'm excited to have this opportunity and I truly appreciate Curling Canada's support as we ramp up our chase for the mixed doubles gold medal in South

Korea," said Stoughton. "It's an exciting way to play the game, and I know our country's top players are eager to get involved and I want to be able to help in any way I can."

Traditional curling involves teams of four players while mixed doubles teams have one male and one female. Mixed doubles teams also throw six stones in each end instead of eight.

Stoughton, who retired at the end of last season, started working with coaches and players earlier this summer in Edmonton.

He'll also be involved in the Oct. 20-21 Canad Inns Mixed Doubles Classic in Portage la Prairie, Man., an inaugural competition sandwiched between traditional men's and women's events at the Portage Curling Club. It's possible that many of



Jeff Stoughton

THE CANADIAN PRESS FILE

Canada's top players will participate in the mixed doubles as well.

"Jeff has already been doing some terrific work behind the scenes to help build mixed

+ 2016 WORLDS

The 2016 world mixed doubles championship is scheduled for April 16-23 in Karlstad, Sweden. The location and dates for the Canadian mixed doubles curling trials have not been finalized.

doubles curling in Canada, and the Canad Inns Mixed Doubles Classic is an example of that," Curling Canada high-performance director Gerry Peckham said in a release. "Canad Inns and Portage have stepped up and are definitely on the radar for more events leading to how we determine our mixed doubles entry for the 2018 Winter Olympics, and I'm thrilled to have an

individual of Jeff's calibre, with his accompanying competitive background, on board as we pursue gold."

Stoughton also has been working with Canada's entries for the upcoming Audi quattro Winter Games New Zealand mixed doubles competition. Reigning national champions Charley Thomas and Kalynn Park of Calgary are entered along with 2014 champions Kim and Wayne Tuck of Strathroy, Ont.

"Kalynn and I had a chance to work with Jeff earlier this summer and truly enjoyed the experience," said Thomas. "Jeff has an amazing resumé, as we all know, and his experience and knowledge of the game will be a huge benefit to our mixed doubles program leading up to the 2018 Winter Olympics."

THE CANADIAN PRESS



Trevor Harris completed 18 of 24 pass attempts for 168 yards with no interceptions and two touchdowns in the team's 27-20 come-from-behind win over the Blue Bombers last Friday at IGF. JOHN WOODS/THE CANADIAN PRESS

Harris keeps hold of Argos QB reins

CFL

Ray 'still needs a few more weeks, minimum'

The Toronto Argonauts will remain Trevor Harris' team for now.

The Argos have returned veteran starter Ricky Ray to the six-game injured list as he continues to recover from off-season shoulder surgery. Toronto placed Ray, 35, on the six-game list during training camp, thus giving Harris all of the starter's reps.

Harris has certainly taken full advantage of his opportunity.

TOO MANY TENANTS?

The Toronto Argonauts are making contingency plans in case the Toronto Blue Jays reach the baseball post-season. The Argos are scheduled to play four October home games at Rogers Centre and five of their final six regular-season contests there.

Argos president Chris Rudge said the team has approached Tim Hortons Field in Hamilton, the University of Toronto, Queen's University in Kingston, Ont., York University in Toronto, the University of Guelph and the University of Western Ontario in London as well as the possibility of both Calgary and Montreal hosting Toronto.

The 29-year-old native of Marion County, Ohio, leads the CFL in completions (174), completion percentage (75) and TD strikes

(16) and is second in passing (1,987 yards).

Most important, Toronto (5-2) is tied with Hamilton (5-2)

atop the East Division standings with the fourth-year Harris under centre.

Harris' play allows Toronto to the luxury of not having to rush Ray back too quickly. Argos head coach Scott Milanovich wouldn't say when Ray might return but added it's obvious the veteran needs more time to fully recover.

"He still needs a few more weeks, minimum," Milanovich said. "I know he had a good throw the other day and felt good about that, but he's not there yet."

Harris will start Sunday when Toronto plays Ottawa at Rogers Centre. THE CANADIAN PRESS

CALGARY STAMPEDERS

'Worst organization' lets Simmons go

The Calgary Stampeders have released international linebacker Jasper Simmons after his agent blasted the CFL team on Twitter.

Agent Sammy Gahagan posted a scathing tweet on Saturday, apparently frustrated by Simmons' lack of playing time in Calgary.

"It's a shame what the @calstampeders are doing to Jasper Simmons. The worst organization in the @CFL is holding him hostage & won't play him," he posted.

He followed with more posts

criticizing the Stampeders for not playing Simmons, who retweeted the messages from his account.

Simmons has struggled to find playing time since being traded from Ottawa to Calgary in the off-season. He has four tackles in four games with the Stampeders this year.

That's a stark contrast to the 2014 season, when Simmons had 80 tackles and six interceptions and was named the Redblacks' most outstanding player and top defensive player.

THE CANADIAN PRESS



Jasper Simmons made 80 tackles with the Ottawa Redblacks last season before joining the Stampeders.

ANDRE RINGUETTE/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

MLS

Inspirational Onstad enters Hall of Fame

There are many routes to the Hall of Fame, but not many like Pat Onstad's. The six-foot-four, 215-pound goalkeeper from Vancouver didn't get a chance to showcase his skills in Major League Soccer until 35, an age that usually signals the end of an elite career, not the beginning.

For Onstad, it was — finally — a chance to shine

Pat Onstad
GETTY IMAGES



on a big stage. He went on to win MLS titles in 2003 with San Jose and '06 and '07 with Houston and was named the league's top 'keeper in 2003 and 2005. He ended up logging 20,076 minutes in 223 regular-season MLS games with 64 shutouts.

Onstad, Jim Brennan and Kara Lang will officially be inducted into Canada's Soccer Hall of Fame on Nov. 8 in Vaughan, Ont.

THE CANADIAN PRESS

CHAMPIONS LEAGUE

Old Trafford fans get 2-goal payoff

Manchester United may just have found a new star to fill the club's iconic No. 7 shirt.

New signing Memphis Depay moved United closer to qualification for the lucrative Champions League group stage Tuesday, scoring a first-half double and providing an assist for Marouane Fellaini's stoppage-time header in a 3-1 win over Club Brugge in the first leg of their playoff.

"I want to kiss him tonight," United manager Louis van Gaal said of Depay.

The 21-year-old Netherlands winger joined United from PSV Eindhoven in the off-season for 25 million pounds (now \$39 million US), with a reputation as one of the hottest prospects in Europe. He was handed the No. 7 jersey worn by United greats George Best, David Beckham, Eric Cantona and Cristiano Ronaldo.

It's still very early days — three competitive games, to be precise — but Depay is already fast becoming an Old Trafford favourite.

THE ASSOCIATED PRESS



Memphis Depay scored 39 goals in 90 appearances with the Netherlands' PSV Eindhoven before joining Manchester United this summer. ALEX LIVESEY/GETTY IMAGES

IN BRIEF

Bills get 'real positive' news on LeSean McCoy

Buffalo Bills running back LeSean McCoy hurt his left hamstring during a joint practice with Cleveland and is having tests to determine the extent of the injury.

Coach Rex Ryan said Tuesday night that trainers informed him the hamstring is intact and has not been pulled off the bone, which he described as "a real positive."

THE ASSOCIATED PRESS

Romo stays on practice field

Tony Romo had to wait until after Dallas' first joint practice with St. Louis to see if his surgically repaired back would feel good enough to make it through a second straight day with the Rams.

The 35-year-old quarterback gave himself the go-ahead Tuesday, which meant he was practising for four consecutive days for the first time since 2013, between the two back surgeries he had in just eight months.

THE ASSOCIATED PRESS

RECIPE Dijon Salmon, Arugula, Orzo Rice and Goat Cheese Salad



EAT LIGHT AT HOME

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Ready in

Prep time: 15 minutes

Cook time: 12 minutes

Ingredients

- 2 tsp orange zest
- 1 Tbsp Dijon mustard
- 1/4 cup chopped parsley
- 12 oz salmon fillet
- 1/2 cup orzo or any small shaped pasta
- 4 cups sugar snap peas
- 8 cups arugula or spinach

Dressing

- 1/4 cup orange juice
- 4 tsp Dijon mustard
- 2 tsp honey
- 1/2 tsp minced garlic
- 2 Tbsp olive oil
- 1 tsp grated orange zest
- Salt and pepper

Directions

1. Preheat oven to 400 F.

Combine zest, mustard and parsley and spread over salmon. Bake salmon, just until cooked to your preference, approximately eight to 12 minutes. Break into small pieces. Set aside.

2. Meanwhile, in a pot of boiling water, cook orzo just until tender, about six to eight minutes. During the last minute, add peas. Drain and rinse with cold water. Place on large serving platter with arugula.

3. Dressing: Combine dressing ingredients in a small bowl.

4. Add dressing and salmon to salad and gently toss.

Nutrition per serving (serves 4)

- Calories 230
- Protein 19 g
- Carbohydrates 13 g
- Fibre 1 g
- Total fat 11 g
- Saturated fat 1.5 g
- Cholesterol 45 mg
- Sodium 420 mg

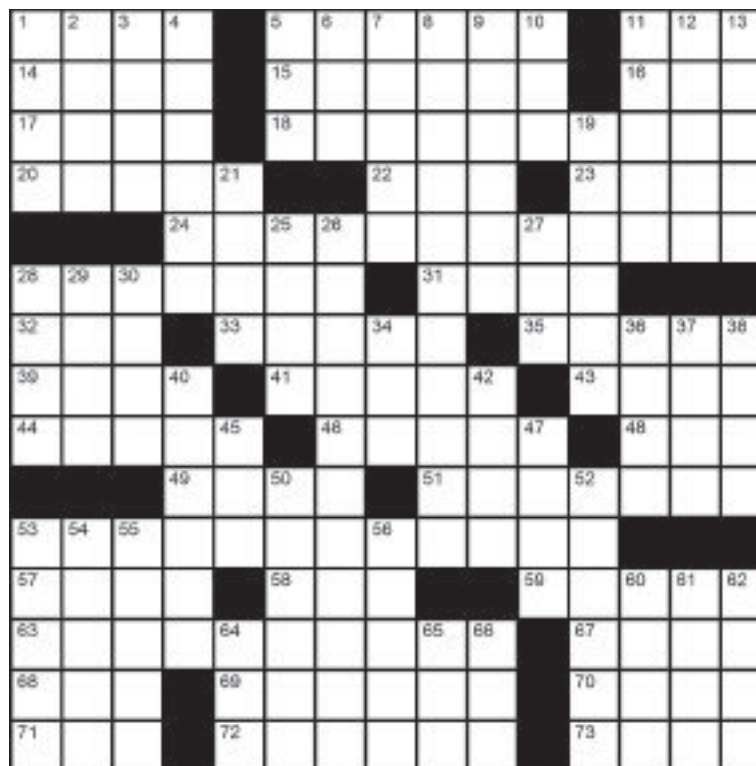
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Pierre's friends
5. Ocean floor
11. "Smokey and the Bandit" (1977) star ...his initials-sharers
14. Volcanic flow
15. Roch Voisine title song lady
16. Liberace's nickname
17. Univ. lecturer
18. Margaret Atwood book which won the Giller Prize in 1996: 2 wds.
20. Nail alternative
22. 6's phone letters
23. Broadway beginning: word + Roman Numeral
24. A blue cuff is featured on it on Facebook: 3 wds.
28. Brand for creators of colourful drawings
31. Positive
32. Clash
33. More rational
35. Pants holder-uppers
39. Comparable
41. "Robert De _ Waiting..." by Bananarama
43. Grim
44. Cover with droplets, as morning grass
46. Might
48. Actress Ms. Leoni
49. Edible root
51. Make strong
53. What 'DIY' means
57. Wistfully sighed



phrase: 2 wds.

58. Chairman in The Beatles' "Revolution"
59. Country resort building
63. They're the popular things to jump on
67. Crucifix
68. William to Harry,

for short

69. Captivate, variantly
70. Freezer tray's one-of-some
71. At the age of, in Latin [abbr.]
72. Ornamental tree
73. Character on

"The Waltons"

DOWN

1. Snow-peaked mountains
2. Painter Mr. Chagall
3. Welsh composer/actor Mr. Novello
4. Refuge
5. _ Na Na
6. An elver is a young what?
7. Out on _
8. Chop suey ingredients: 2 wds.
9. Spiritualize
10. MBA, e.g.
11. "Wake Me Up" singer Aloe

12. Right-hand page
13. Welcome a client at reception: 2 wds.
19. Brought up
21. " _ That Girl": 1987 Madonna hit
25. Capital of Mongolia, _ Bator
26. Quebec's millions and millions of years old impact crater lake
27. "Coronation Street" hangout
28. Zodiac creature
29. Gardening tool
30. Amongst
34. Suffix with 'Ranch'
36. Baltic country where Vilnius is the cap.
37. Oxygen-giver
38. John and Yoko's musician son
40. Like the captured group of fish
42. Gin flavouring
45. Method
47. Boring
50. Comedian-actor Ray
52. Sensation for an astronaut
53. Part of Fred Flintstone's exclamation!
54. Chicago airport
55. " _ _ sure." (Beats me)
56. Boards
60. Sullen
61. Desert in Mongolia
62. Paradise
64. Network
65. Cacharel perfume
66. Lanka's lead

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You will be at your fun-loving best today but watch out for people who get their kicks from disrupting other people's enjoyment. Don't get angry because that will only encourage them.

Taurus April 21 - May 21
You will encounter the kind of problem that would knock lesser mortals for six. But you are not a lesser mortal, you are a Taurus, and you will find a way to handle it.

Gemini May 22 - June 21
Something delightful will happen today. Someone you are close to will do something unexpected to make you feel good. There are still some really nice people in the world.

Cancer June 22 - July 23
Something will go wrong today, try to be philosophical about it. You should know that life moves in cycles and that whatever you lose you will make up for.

Leo July 24 - Aug. 23
Do you focus on chores and duties? Or do you just enjoy yourself? You must make a decision and stick to it. If you try to get the best of both worlds you may end up with neither.

Virgo Aug. 24 - Sept. 23
There will be lots of coming and going today and it will be a bit tiring. Chances are you won't get much work done but don't worry — you have no choice but to go with the flow.

Libra Sept. 24 - Oct. 23
The harder you try not to be anxious about something the more it will prey on your mind. There is nothing that can be done about it now, so focus on things that make you smile.

Scorpio Oct. 24 - Nov. 22
Something surprising will happen and although you don't like to be taken unawares on this occasion you won't mind a bit. Any doubts you may have about a loved one's commitment will disappear for good.

Sagittarius Nov. 23 - Dec. 21
Control your tendency to go to extremes, otherwise an accident is likely to occur. An affair of the heart may be going well but if you start acting crazy you may scare them off.

Capricorn Dec. 22 - Jan. 20
Be wary of people who flatter for no good reason. According to the planets there is a lot of intrigue, a lot of planning and plotting behind the scenes. Refuse to get involved.

Aquarius Jan. 21 - Feb. 19
Just when everything was going right your plans have been thrown into confusion again. It may be frustrating but don't get angry with people who let you down because chances are they are victims too.

Pisces Feb. 20 - March 20
Other people may be breaking the rules left, right and center but that is not an excuse for you to follow their example. Keep doing it the right way. There is no need to cut corners.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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Brace yourself sister, This one's different!

SISTER ACT

Gloriously Funny!

AUGUST 13-SEPT 1

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